

Your Local Pharmacy

June



4⁹⁹

health One
Acetylsalicylic Acid,
Daily Low-Dose,
81 mg,
150 Tablets



7⁴⁹

Allegra 24 Hour
Allergies,
Non-Drowsy,
120 mg,
12 Tablets



14⁹⁹

Advil
Liquid-Fast Relief,
Extra Strength,
400 mg,
50 Liqui-Gels



6⁹⁹

Jamieson
Vitamin D3,
1,000 IU,
200 + 40 Tablets

health One

Compare & Save!

Acid Reducer
Maximum Strength,
150 mg,
32 Tablets

5⁹⁹



Vitamin C
500 mg,
100 Tablets

3⁴⁹



Vitamin D3
Extra Strength,
1000 IU,
90 Tablets

3⁹⁹



Cell-Fer or Cell-Fer Plus
60 Capsules

14⁹⁹



Prices in effect until Friday, June 26, 2020 or while quantities last.

Sunscreen Protection

In Canada, the most common type of cancer is skin cancer. It is very important to protect our skin from the sun and its harmful ultraviolet (UV) light by taking steps such as wearing sunscreen in order to prevent severe burns and skin cancer.

Difference between UVA and UVB rays

There are two types of rays from the sun and both are known to cause skin damage. Knowing the difference between UVA and UVB rays will assist you in choosing the right and best sunscreen.

How to protect your skin:

- Check the UV index before going outside.
- Apply sunscreen to all exposed areas of your skin once the UV index is 3 or higher.
- Use proper protective clothing and accessories such as hat and sunglasses.
- Reduce sun exposure between 11 a.m. – 4 p.m. when the UV rays are strongest.
- Look for shade, stay under a tree or use an umbrella.

What are the types of sunscreens available?

A sun protection factor (SPF) is available on the labels of sunscreens. This represents how long you can be exposed to the sun before getting sunburned. Look for broad spectrum sunscreen products that contain either titanium oxide or zinc oxide that can block out both UVA and UVB rays.

There are different forms of sunscreen, with a wide range of SPF, that are available at your pharmacy:

- Gel
- Cream
- Lotion
- Spray
- Wipes
- Powdered

How long can you be exposed to the sun when you apply sunscreen?

To check how long your sunscreen will last under perfect conditions, take the number of SPF and multiply it by 10.

This is the length of time you would be safe from the sun's rays.

For example: $SPF\ 15 \times 10 = 150$ minutes of sun protection
(In perfect conditions – no water or sweating is taken into account)



When to use sunscreen:

- **For adults** – sunscreen should be applied every day, even if you go outdoors for a short period of time. Adults who can burn easily and anybody with risk factors of skin cancer should use SPF 50+.
- **For babies** – Do not use sunscreen on babies younger than 6 months old without first consulting a doctor.
- Application of sunscreen 30 minutes before going outdoors would give you the best result, as this will allow for the sunscreen to be absorbed by the skin.
- Reapply at least every 2 hours while you are outside exposed to the sun.
- Reapply after sweating or swimming.

Speak to your Medical Professional or Pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.org. It is intended for information purposes only and should not be used in place of consultation with a healthcare professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein.

Prices in effect until Friday, June 26, 2020 or while quantities last.

Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

- Computerized patient files
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



11⁴⁹

Dormer 211
Daily Protective Skin Moisturizer, SPF 30, 60 mL



12⁹⁹

Aveeno
Soothing Bath Treatment, 8 x 42 g, or Skin Relief Shower & Bath Oil, 295 mL



5⁹⁹

Vaseline
Intensive Care, Aloe Vera, 295 mL



5⁹⁹

Webber Naturals
Vitamin D3, 1000 IU, 240 + 20 Tablets or 180 Softgels



6⁹⁹

Jamieson
Vitamin D, 1,000 IU, Tange Orange or Natural Chocolate Flavour, 100 Tablets



9⁹⁹

Claritin Kids
24 Hour Allergy Relief, Non-Drowsy, Grape Flavour, 120 mL

Aspirin
Daily Low Dose, 81 mg, 30 Tablets

4⁹⁹



4⁹⁹

Summer's Eve
Simply Sensitive, Cleansing Cloths, 32 Cloths



5⁹⁹

O'Keeffe's
Healthy Feet, Foot Cream, 85 g

healthOne

Dairy Digestive Supplement
Regular, 100 Caplets

9⁹⁹



Vitamin B₁₀₀ Complex
100 Tablets

9⁹⁹



6⁹⁹
One-Step Pregnancy Test
2 Tests

7⁹⁹
Glucosamine & Chondroitin
900 mg, 60 Tablets



Transferring Your Prescriptions is Easy. Ask Us How Today!



14⁹⁹

Metamucil
3 in 1
MultiHealth Fibre,
Orange Flavour,
861 g

Voltaren
Extra Strength,
Topical Pain
Relieving Gel,
100 g

14⁹⁹



2⁹⁹

Vaseline
Healing Jelly,
Original,
For Dry Skin,
50 g

Poise
Regular Length,
Light,
30 Pads,
or Long Length,
Very Light,
44 Liners

6⁹⁹



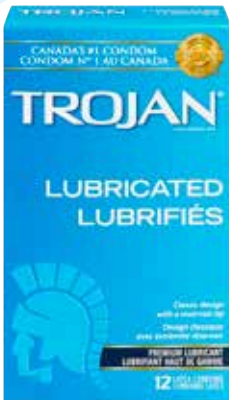
7⁹⁹

Neutrogena
Oil-Free
Acne Wash,
177 mL



7⁹⁹

Pure Protein
Chewy Oat Bars,
Gluten Free,
Chocolate
Almond or
Sweet & Salty
Peanut Butter,
6 x 50 g Bars



7⁹⁹

Trojan
Lubricated,
12 Latex
Condoms



3⁹⁹

PharmaSystem
uSwim,
Soft Wax Ear Plugs
with Case,
4 Plugs



12⁹⁹

Pedialyte
Powder,
Fruit Punch Flavour,
Kids and Adults,
8 x 8.5 g Sachets

health One™

Introducing **healthOne**, the newest value in private label healthcare products! Available at your local pharmacy and now online from HealthSnap, **healthOne** products provide an excellent alternative to brand name products' higher prices while still providing brand name-equivalent health benefits.

Manufactured by the leading generic manufacturers in Canada and recommended by local pharmacists, **healthOne** is great value for you and your family.



2⁹⁹

health One
Hydrogen Peroxide,
Antiseptic Topical
Solution,
450 mL